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Talks over tall tower funds ongoing
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Wild for MTS Centre

Here's why this website says our downtown arena is the best sporting venue in Canada, **metroNEWS**

Fentanyl crisis on the agenda

HEALTH

Mayor Bowman Ottawa-bound to consult with big-city mayors



Stephanie Taylor
Metro | Winnipeg

Learning what other Canadian cities are doing to combat the growing fentanyl crisis is on Mayor Brian Bowman's to-do list when he visits Ottawa this week.

Bowman told reporters on Wednesday he would make the one-day trip to the country's capital on Friday to meet with other big-city mayors to discuss federal funding priorities, and how other city halls are responding to fentanyl deaths.

Asked about his thoughts on seeing supervised injection sites open in our city — which a new Mainstreet/Postmedia poll says 46 per cent of locals

want — Bowman expressed no interest, saying it's not a priority.

He said he's met with three families who have lost loved ones due to fentanyl overdoses and first responders on the frontlines of the crisis.

"In none of those meetings has the issue of safe injection sites ever been raised. In fact, I have never had anybody raise that as a priority for the City of Winnipeg," Bowman said Wednesday.

"What I have heard is the need for a greater (number of) treatment facilities to help our citizens who are affected by addictions."

Figuring out exactly what our city can do to help the province prevent fentanyl deaths is what Bowman hopes to answer when he returns from Ottawa.

He added the city will continue to support the police department in battling the spread of the powerful opioid.

"We want to make sure drug dealers are locked up for a very long time."



2017 STARTING LINEUP

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Liberals to create financing plan for indigenous groups

POLITICS

Focus should be on helping startups says council head

Damon Johnston admits his organization made a number of mistakes when it launched Mother Earth Recycling, a Winnipeg-based social enterprise that aims to help tough-to-employ indigenous peoples.

He hopes that others don't make the same errors and thinks a federal initiative might help deliver more than business acumen to indigenous organizations looking to tap into a new and growing method of funding social programs.

Internal documents show the government wants to create a social finance strategy specifically for indigenous peoples. Johnston said that strategy would have to focus on helping startups acquire the business knowledge needed to run a company and address wider concerns around raising capital.

Johnston said the barriers to expansion of the number of aboriginal social enterprises are higher because of indigenous peoples' historic lack of



Aboriginal Council of Winnipeg Inc. President Damon Johnston LYLE STAFFORD/FOR METRO

participation in the economy, making the potential benefits of a targeted social finance strategy that much greater.

"Social financing and social enterprise and co-op development — all of those things — what they mean to us or

represent to us is a better way to work with us as indigenous peoples," said Johnston, president of the Aboriginal Council of Winnipeg, which owns Mother Earth Recycling.

"There's more of a sharing of the wealth created in those

types of ventures, so that's why it's attractive. It's also more in line with our historic values, the way we like to do things."

Social financing can take on a number of forms, but is designed to connect private investors with an organiza-

tion to deliver a social program. Federal funding flows only if the program meets a set of measurable benchmarks, such as the number of people employed or improvements in essential skills.

The approach shifts the financial risk to investors from taxpayers and can open the door to more innovative ways of delivering social services.

The Canadian Press obtained a copy of the presentation and briefing material about an aboriginal stream to the social finance strategy under the Access to Information Act.

A spokesman for Social Development Minister Jean-Yves Duclos said the government plans to launch a specific social financing stream for indigenous groups after unveiling its general strategy. In the meantime, Duclos's department is talking with indigenous groups to learn more about how to craft an effective strategy, Mathieu Filion said.

"Like for housing or homelessness, we want to launch a program that will target them directly," he said.

"We want to have discussions with stakeholders and indigenous groups in order to make sure that the strategy addresses aboriginal-specific issues." THE CANADIAN PRESS

ENVIRONMENT

Businesses race to reduce energy use



Michelle Bailey
For Metro | Winnipeg

Three, two, one — and they're (turning the lights) off.

The Manitoba Race to Reduce is underway as those who operate some of the largest commercial office spaces in Manitoba compete to save at least 10 per cent of their energy use in the next four years.

"If all landlords, tenants and employees in Manitoba worked together to save 10 per cent of their energy use, it would be the equivalent of taking 1,000 cars off the road for a year," said incoming chair of the Winnipeg Chamber of Commerce, Johanna Hurme.

Hurme joined those in the commercial building industry to get the race started on Wednesday at the Artis building on the corner of Portage and Main.

Owners of commercial buildings say the point of this exercise is to change behaviour and learn how even a small adjustment in thinking can lead to big savings.

They don't expect tenants or employees to work in the dark or wear three layers of clothing to stay warm during this spirited battle.

"We're not trying to make people uncomfortable while we strive to reduce energy use," said Manitoba Race to Reduce Co-Chair and Artis REIT Executive Vice-President, Property Management, Frank Sherlock. "It's about learning how to adopt good habits, such as turning off lights when a room isn't being used."

"Even getting into the practice of unplugging phone chargers and other devices when not in use can make a difference," he said.

The challenge is also extended to owners who can make changes to the building itself, such as switching to LED lighting. There are already a number of contestants in the competition. So far, the equivalent of 5,000 residential homes have committed to the race.

However, it's not too late to get on board. Any commercial office building in the province with a minimum 30,000 square feet of space can still join.

DEVELOPMENT

SkyCity \$6.5M grant still up in the air



Stephanie Taylor
Metro | Winnipeg

Construction on a \$200-million, 45-storey tower in downtown Winnipeg is still up in the air as city hall and the developer hammer out the terms of a \$6.5-million grant.

Negotiations between city officials and Toronto-based Fortress Real Developments remain ongoing and positive, according to Coun. John Orlikow, chairman of the planning, property and development committee.

He was one vote in a unanimous decision by Wednesday's executive policy committee to

defer the question of approving a \$6.5-million economic incentive grant to Fortress by another four months.

Fortress wants to build SkyCity — a 388-unit condominium tower at a vacant surface parking lot on Graham Avenue — and has applied to receive government grants under a now-expired housing program that incentivizes developers to build downtown.

Under the program, Fortress is eligible to receive \$6.5 million from the city and \$8 million from the province, for a total of \$14.5 million.

The condition of the city's funding states the money would be paid out over 10 years after

the project is built.

Orlikow said the developer is requesting the millions be paid upfront, before construction begins.

"Personally, I'm not looking at an upfront grant to any group until they actually have the building built," he told reporters on Wednesday.

"We have to protect the taxpayers' dollars."

In a March 2016 letter to the city, Fortress's chief operating officer said the project couldn't happen without the cash.

"While we are a long way down the road to developing SkyCity Centre, we need your help to keep the project viable," Vince Petrozza wrote.

"To be clear, SkyCity Centre is not a feasible project without the (housing) program grant."

Orlikow said because of the development's size, it is unable to meet the construction deadline outlined in the program's criteria, so that's also a point of negotiation.

On Tuesday, both he and Mayor Brian Bowman expressed hope that both parties would find the middle ground and finalize an agreement so the development could proceed.

"This is a substantive development for the City of Winnipeg and it would help continue the positive progress in downtown with regards to residential," said Bowman.



SkyCity, a proposed \$200 million condo tower. FORTRESS REAL DEVELOPMENTS/INSTAGRAM

No timetable for Laine's return

Jets' concussed rookie taking recovery slowly and by the book

JONES ON JETS

Braeden Jones



"Patrik Laine skated today."

Now, attributing the Winnipeg Jets' hardship since Laine's Jan. 7 concussion to his absence would be as silly as say, pinning it all on the goaltenders, but there's no doubt the team and this city are waiting with bated breath for his return.

So when head coach Paul Maurice informed the media that Kid Flash had been on the ice in advance of the team's pre-game skate Wednesday, people were understandably excited.

Maurice explained that Laine's recovery so far has gone well. "All the things that have gone on, the light bike rides, he got through and was fine, so this is the next phase."

It was a light skate with the team's director of fitness, Dr. Craig Slaunwhite, but it was something, and if it went well, it could signal gradually increased activity in the near future.

"We'll see how he feels tomorrow to decide whether he's going on or not, and then you just start augmenting it a little bit every day, but it's a good sign," Maurice said.

Sails around Winnipeg filled with wind at "good sign," imagining the team's top-scorer coming back into action sooner rather than later, but Maurice responsibly cautioned further patience, saying there would be no timetable for his return,



Patrik Laine of the Winnipeg Jets, right, playing his first NHL game in October 2016 at the MTS Centre, battles Ron Hainsey of the Carolina Hurricanes. JASON HALSTEAD/GETTY IMAGES

even "right to the very end."

The next step is drills without contact, and Maurice said the last step before a return to the line-up would be a full-contact practice. At any point, if he presents "any kind of symptom," he could take steps back, according to coach.

As hard as it may be waiting for Laine's return indefinitely, what Maurice describes as his recovery is the right

approach.

Kailin Walter is an instructor with Shift Concussion Management, a group that trains team doctors and health care providers like those at the Sport Manitoba Sport for Life Centre in "patient management" for concussion recovery.

Any time there's new research in the field or new practices discovered, Shift updates their clients.

"In a perfect cookie-cutter situation, we get the athlete back on the ice first skating (alone, like Laine) to make sure they can handle basic skill performance of the sport," she said, noting the athlete should be monitored by someone who knows them well, and evaluated immediately and a little while after the ice session.

"There are (flags), subjective things to watch for ... You

+ IDEAL REHABILITATION

Although ideal recovery varies from athlete to athlete, concussion expert Kailin Walter said it usually includes:

Physical and cognitive rest and recuperation.

Progression into low intensity activity with accommodations.

Any necessary rehabilitation or treatment for associated injuries, such as whiplash.

Gradual return to play, first in "non-contact situation."

Finally, progressive contact in controlled practice environment.

There are (flags), subjective things to watch for. You need to know your athlete well.

Kailin Walter

need to know your athlete well personally," Walter said.

A later group practice with drills and other players moving around can be another test, as "concussions influence the way you take in visual surroundings, especially with peripheral motion, noise, lights — you need to expose the athlete to those things."

If that all goes well, when the athlete returns to contact, "you need to be attentive," see how they respond to things, how they behave compared to pre-injury performance.

"If they can withstand a contact practice and haven't been out very long, they can progress quickly," Walter explained. "If they've been out months, they could be in this stage for a while, but it depends ... it's very individual."

She said in her experience it's very rare that an athlete tries to rush back into the

game, despite "the misperception athletes would lie to get back into the sport," and even more rare that a trainer would miss lingering symptoms.

Taking the time to recover fully and making sure "every concussion is managed as fully as it can be" can limit risk of future injuries, she said.

Walter figures it used to be the case that players hiding or missing concussions would be at risk for detrimental cumulative overlap, "Concussion on concussion, and that is a serious situation."

But the Jets and Laine are taking things slow, following the clinical best practice, and they're better for it. They're lucky that concussions are taken seriously today, that players are eased back into action for their own benefit, and that Maurice isn't even remotely interested in a timeline.

Laine's rookie season may have been interrupted by this unfortunate injury, but if taking another week or another month ensures he's OK, that's fine. He'll be back, and knowing him and that dauntless confidence he carries, he'll be gunning for those goals he loves scoring so much to help the Jets get back in the win column.

I can (hardly) wait.

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4 Thursday, January 19, 2017

Winnipeg metro NEWS

MTS Centre among best in sports biz

STADIUMS

Jets' home ice placed fifth out of 761 in North America

Braeden Jones
Metro | Winnipeg

Don't let a winless skid keep you from snapping up Jets tickets, as the MTS Centre was recently crowned among the best sport viewing experiences in North America.

As the Jets kick off a four-game homestand against Arizona Wednesday night, their home ice has been added to a list of the best "stadium experiences" in all sports.

A group of writers from sport website Scout.com's Stadium Journey series reviewed a whopping 761 stadium experiences in 2016, and wound up



Winnipeg Jets' fans, seen cheering during recent NHL action at the MTS Centre, have been called "loud and proud." GETTY IMAGES

placing the house True North built at number five.

Author Paul Swaney said the goal of the rankings is to provide people with "information so that they could make the most out of any trip to see a live sporting event," potentially even inspire fans to "venture out into the sporting world and see a new town, community, and team."

The Top-100 list is topped by Major League Baseball's trend-setting Oriole Park at Camden yards (#1), the Streets of St Petersburg for hosting the Firestone Grand Prix (#2), the St. Louis Cardinals newly remodelled Busch Stadium (#3), the Daytona International Speedway (#4) and the MTS Centre rounded out the Top-5.

"The atmosphere at MTS

Centre is one of the best in the league," Swaney wrote. "Fans are loud and proud, this is experienced right from the arrival of the Jets on the ice, giving them a loud round of applause followed by the first 'Go, Jets Go!' chant prior to the singing of the anthems."

Swaney also remarked at the mid-anthem boisterous "True North" homage out-of-towners are always impressed by.

The next highest ranked NHL arena, the Minnesota Wild's Xcel Energy Center, comes in at number 21.

And the next-best Canadian stadium is the Scotiabank Centre, home of the Halifax Mooseheads, which ranks at number 39.

The Stadium Journey ranking evaluation process predated the MTS Centre's new seating, the new big screen, concourse enhancements and the return of organ music. Perhaps those enhancements push it higher in 2017.

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Winnipeg dog movie criticized

A Toronto-based animal law organization has filed animal cruelty complaints over the treatment of a German shepherd on the set of the film *A Dog's Purpose*.

Animal Justice says footage apparently shot near Winnipeg in November 2015 shows the filmmakers forcing the dog into turbulent water.

The footage, which first surfaced on the website TMZ, shows the dog fighting to stay out of the water by repeatedly clawing at the edge of the pool.

A subsequent shot shows the dog under the water while a voice is heard yelling "Cut it!" and handlers moved in to pull the animal out.

People for the Ethical Treatment of Animals has called for a boycott of the movie, which stars Dennis Quaid and is directed by Lasse Hallstrom, and is set to be released later this month.

Animal Justice says it has filed complaints with the Winnipeg Humane Society, the Chief Veterinary Office of Manitoba, and the Winnipeg police department. THE CANADIAN PRESS



Aalayna Spence suffered bruising to the face and a chipped tooth after she was assaulted New Year's Eve. CONTRIBUTED

Activist beaten in brutal assault

TRANS RIGHTS

Police arrest woman, 28, after incident on reserve



Elizabeth Cameron
For Metro | Calgary

The left side of her face and jaw is still bruised and swollen from a vicious assault on New Year's Eve that Aalayna Spence believes was incited by others' reactions to her gender identity.

The Mount Royal University student was celebrating with friends on the Nelson House reserve in northern Manitoba when a verbal altercation turned sour.

"This person was bullying me and I stood up to them — and it all went downhill from there," Spence said.

She found herself on the floor, she said, with three

people yelling and kicking her in the face.

"They used the words 'transny' and 'f—t' a lot," Spence said.

A 28-year-old woman has been arrested in connection with the incident and faces assault charges, according to Manitoba RCMP.

"(Spence) told police there were derogatory slurs uttered during the incident. Police are investigating this allegation," the Manitoba RCMP said in a statement.

The trans-rights activist, who has spoken at past Transgender Day of Remembrance events in Calgary, made it clear she is not looking for pity.

"I just want people to know that this is actually happening. People are being assaulted for trying to live their lives authentically, for who they care," Spence said.

"It needs to stop."

Amelia Newbert, co-president of Trans Equality Society of Alberta, said news of the assault sent shockwaves

through the LGBTQ community in Calgary.

"I was pretty devastated to hear about it," said Newbert, adding incidents like this highlight the need for continued education about gender-diverse individuals.

Gender identity is explicitly listed under Section 9.2 of the The Human Rights Code of Manitoba.

The Alberta Human Rights Act was amended in December 2015 to include protections based on both gender identity and gender expression.

A federal law to protect both gender expression and gender identity, Bill C-16, is currently making its way through Parliament.

Newbert said legislation is only part of the change that needs to happen regarding the treatment of LGBTQ individuals.

"We're still struggling to make sure that people are safe and have the right to live their lives free from the fear of violence," she said.

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Why Canada is sending immigrants back home

LAW

Permanent residency revoked over non-compliance

An average of about 1,400 Canadian immigrants are intercepted at the border each year and ordered removed from the country for not fulfilling their residency obligations, Torstar has learned.

Although these newcomers can appeal to a tribunal to restore their permanent resident status, only one in 10 succeeds, according to government data. "The tribunal is supposed to be immigrants' last resort as the Parliament has given it the discretionary power to give immigrants a second chance if they breach the law," said immigration lawyer Lawrence Wong, who obtained the data through an access to information request.

"But that second chance in reality is hard to come by. The national sentiment is pretty much the same. If you are an



Canada's immigration law requires permanent residents to be physically present in Canada for at least 730 days in every five-year period. COURTESY GOVERNMENT OF CANADA

1,423

Average number of Canadian immigrants who are intercepted at the border each year and ordered removed from the country for residency non-compliance.

immigrant, don't make a mistake. If you do, we want to see you kicked out."

Canada's immigration law requires permanent residents to be physically present in Canada for at least 730 days in every five-year period in order to maintain their status. Otherwise, their residency will be revoked.

According to the Canada Border Services Agency, on average 1,423 permanent residents a year were stopped at the border for failing the requirement from 2010 to 2014, the most recent

statistics available. During the period, Canada accepted some 260,000 newcomers annually.

The number of removal orders issued against these individuals had risen sharply to 1,413 in 2014 from 605 in 2008, when former Conservative Immigration Minister Jason Kenney cracked down on fraud.

Across Canada, Quebec had the highest detection rate; more than a third of the removal orders were issued in the province.

Between 2008 and 2014, a total of 3,575 immigrants were

slapped with removal orders for residency non-compliance at Pierre Elliot Trudeau airport in Montreal, dwarfing the 439 and 972 people respectively intercepted at Toronto's Pearson airport and the Vancouver International Airport.

The numbers do not include those who had their permanent residency revoked due to criminality and misrepresentation, who were refused travel documents to return or who voluntarily relinquished their permanent residence. TORSTAR NEWS SERVICE

INDIGENOUS AFFAIRS

Boyden appearance cancelled in Edmonton



Jeremy Simes
Metro | Edmonton

A scheduled appearance by Joseph Boyden in Edmonton, Alta. has been cancelled after hearing concerns from local indigenous elders about the author.

Boyden, who was scheduled to present at the city-sponsored Winter Cities Shake-Up conference in February, came under fire in December after an investigation by the Aboriginal Peoples Television Network (APTN) questioned his claims of indigenous

ancestry.

The Winter Cities Shake-Up will showcase Edmonton's winter-city strategies. Boyden, who was scheduled prior to APTN's investigation.

But Boyden will nonetheless be coming to Edmonton. The author is scheduled to speak at an Edmonton Public Library event on April 27.

Tina Thomas, the library's executive director of strategy and innovation, said officials discussed whether to cancel, but quickly decided Boyden will still speak.

Anglophones angered by Trudeau's town hall

Quebec's deep-rooted linguistic tensions flared up in unlikely fashion Wednesday as Prime Minister Justin Trudeau was forced to explain why he refused to answer questions in English at a town hall meeting.

The controversy erupted when Trudeau answered English questions in French on Tuesday night — including one about how English speakers could get help to

access to mental health services. "Thank you for using our country's two official languages, but since we're in Quebec I'll respond in French," Trudeau said in Sherbrooke.

His unilingual performance drew an angry response from groups that represent Quebec anglophones, with some calling on the prime minister to apologize. THE CANADIAN PRESS

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Inauguration must unify all

GOVERNMENT

Experts say speech should be 'inherently inspirational'

Tradition suggests it's time for Donald Trump to set aside the say-anything speaking style and rise to the inaugural moment.

But bucking tradition, or ignoring it altogether, is what got Donald Trump to his inaugural moment.

When Trump stands on the west front of the Capitol on Friday and delivers his inaugural address, all sides will be waiting to see whether he comes bearing a unifying message for a divided nation or decides to play up his persona as a disrupter of the established order.

How Trump tends to that balancing act, in both style and content, will be a telling launch for his presidency.

"The inaugural is an address that is meant for the ages," said Kathleen Hall Jamieson, a communications professor and director of the Annenberg Public Policy Center at the University of Pennsylvania. "In particular, it's important when you've had a divisive election. You need to become president of all of the people."

Trump seems to get that. He's spoken admiringly in recent weeks about the speeches of past presidents Ronald Reagan and John F. Kennedy, and is said to be deeply involved in preparing his address.

Trump told Fox on Tuesday that he'll start his address with words of thanks to "everybody," including President Barack Obama and his wife, Michelle, for being "so gracious."

The president-elect showed he can deliver a straight-forward, prepared address at the Republican convention, where he largely stuck to a script and shut down anti-Hillary Clinton chants of "lock her up."

But that address was strikingly dark in tone, sketching a portrait of an America in crisis, and he later embraced that chant from supporters at his freewheeling campaign rallies.

THE ASSOCIATED PRESS



MUSEUMS SNAPSHOTS OF HISTORY Museum Selfie Day came and went on Wednesday, as prominent museums worldwide encouraged attendees to snap shots of themselves with artefacts. Here's a few selfies seen around the world. METRO VIA TWITTER



GLOBAL WARMING

The world keeps on sizzling

Earth heated up to a third-straight record hot year in 2016, with scientists mostly blaming man-made global warming with help from a natural El Nino that's now gone.

Two U.S. agencies and international weather groups reported Wednesday that last year was the warmest on record. They measure global temperatures

in slightly different ways, and came up with a range of increases, from minuscule to what top American climate scientists described as substantial.

They're "all singing the same song even if they are hitting different notes along the way. The pattern is very clear," said Deke Arndt of the National Oceanic and Atmospheric Administration.

NOAA calculated that the average global temperature for 2016 was 58.69 degrees (14.84 C) — beating the previous year by 0.07 degrees (0.04 C).

NASA's figures, which include more of the Arctic, are higher at 0.22 degrees (0.12 C) warmer than 2015. The Arctic "was enormously warm, like totally off the charts." THE ASSOCIATED PRESS

OBAMA

Outgoing optimism

"We're going to be OK." In the final minutes of his final presidential news conference, Barack Obama insisted he's not tossing out platitudes about the nation's future, it's what he really believes, saying: "This is not just a matter of no-drama Obama ... at my core, I think we're going to be OK." THE ASSOCIATED PRESS



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LUKE SAVAGE ON CHANNELLING DESPAIR



When clouds gather on the political horizon, the most constructive thing anyone can do is take democracy seriously.

If there was a dominant emotion among my friends, family, acquaintances, and coworkers on the morning of November 9th, 2016, it was most definitely despair.

The surprising victory of Donald Trump — which defied the predictions of all the supposed experts, pollsters, and political professionals — felt like a sudden kick to the solar plexus right before a desperately needed gasp of air. It wasn't our country, of course, but even the most disinterested among us immediately knew politics was soon going to feel a lot more present in our daily lives whether we liked it or not.

Cynicism about politics is as common as white bread. But cynicism is by its very nature a passive thing. Despair can be visceral and even painful. That the sheer ugliness of a figure like Donald Trump could prevail in an election to lead the world's most powerful country has evinced something more potent than cynicism, even among people usually uninterested by politics. The same questions have seemed to be on everyone's minds ever

since: How do we respond? What can we do? What can I do? When dark clouds gather on the political horizon, I believe the most radically constructive thing anyone can do is to take democracy seriously.

If this sounds like a simple cliché or truism, consider how much we've seen democracy decline — here in Canada, in America and around the world — over the past few decades.

More and more, our politicians have preferred to speak like managers rather than leaders, demoting themselves to ever more passive roles, and preferring to tinker and administer rather than take up the hard work of building a better society. They've brought in PR consultants to write their scripts, let pollsters and focus groups — rather than good arguments or values — dominate their decision-making, and turned public engagement into a marketing exercise. Election campaigns have increasingly become expensive set-pieces that offer people an ever narrower range of choices, albeit wrapped in shinier and shinier packaging.

As this process has unfolded

whole communities have been transformed, as if by some invisible hand. In former industrial hubs like Ontario and Michigan, towns founded on making and building things shed jobs and wealth almost overnight. City cores are fast becoming too expensive for their own workforces to actually live in and badly paid call-centre, retail, and service work is increasingly taking the place of the factories and workshops that once were.

In the midst of the jarring political, social and cultural changes of recent decades — virtually all of them accompanied by encouraging slogans about economic growth and new technology — very few among us have developed a greater sense of being able to control or shape our own lives. The democratic idea that politics has any collective moral purpose, let alone the notion it can be used by regular people to influence the courses of their own lives, has been steadily and catastrophically eroded.

All this breeds a cynicism that can easily fester into despair. In at least one sense,

then, Trump's election didn't produce the despair that followed in its wake so much as force it out into the open.

But amidst such despair, there can be signs of hope.

My own sense of resignation and dread in the days and weeks following Trump's victory slowly gave way to a cautious feeling of optimism.

And it wasn't the comforting (and in retrospect, naive) optimism my younger self had felt exactly eight years earlier after the last transformative U.S. election. Instead, it was the feeling that people's collective shock and outrage, coupled with a sense that many things badly need to change, might actually reinvigorate democracy.

It's easy to forget that politics don't begin and end when we vote in an election every few years. They're around us every day in our cities, workplaces, neighbourhoods, communities and social movements — conducted not by political professionals but by regular people, often strangers, forming ad hoc coalitions and campaigning for progress and change, large and small.

This process, more than anything else, is what feeds democracy and compels political elites, willingly or otherwise, to take it seriously. It's the only thing that ever has.

Luke Savage is a Toronto-based writer whose work has appeared in *Maisonnieuve*, *Jacobin* and on CBC radio. He works at the Broadbent Institute. On Twitter: @lukewsavage

But how to keep the righteous fires burning?



Vicky Mochama
Metro

The most notable thing about John Lewis isn't that he used to work with Martin Luther King or that he has recently become the president-elect's favourite new punching bag.

It's that he's still protesting.

In June last year, Lewis led Democrats in a 25-hour sit-in on the floor of the House of Representatives over a gun-control bill. Fifty-two years after Lewis and hundreds of others were violently attacked by police while crossing the Edmund Pettus Bridge in Selma, he is still getting into what he calls "good trouble."

Sustaining that kind of activist passion for half a century isn't easy. If the work of campaigning for change wasn't hard enough, activists then struggle with compassion fatigue, poverty and mental health.

At a certain point, the work becomes all-consuming — and not in the best ways. In the book "What's the Point of Revolution if We Can't Dance?" dozens of activists speak candidly about their challenges.

Says one: "Who tells us when it's too much? Where to go after, and beyond activism ... when our identity is so tied up with being an activist? And where is the space to go? To go home?"

Burnout can push people away. Friends of mine who

started their careers in the charitable and activist sectors ended up quitting. Not because they didn't love the work or want to change the world; they simply could no longer bear it.

Of course there are structural fixes to be made. Workplaces can modify their structures and policies. Donors and governments can develop more predictable funding cycles (money, and the lack of it, is an ever-present stress).

Many of the movements that have caught our attention in the last few years were not driven by professional activists. The women of Idle No More, the youth of Black Lives Matter, the citizens of the Standing Rock Sioux — they had taken time from their paying jobs and put in energy outside of work hours.

But after the public spotlight, it is these campaigners who will be left with the social, financial and emotional scars of their moment. Maintaining any gains and preventing losses will require self-care.

For those who demand radical change, self-care is a radical act. It is recognizing that political wins can have personal losses.

It takes an incredible amount of courage to speak up and speak out. It takes even more to know when to step back from the microphone.

This is the kind of self-love and resiliency that has kept John Lewis on the frontlines of protest.

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A cartoonish life that was too real

INTERVIEW

The bestseller who dabbled in bondage and cannibalism

Sue Carter
For Metro Canada



Cartoonist Joe Ollmann first discovered William Seabrook's biography in a zombie anthology 11 years ago, and was instantly taken. Seabrook — the American who is credited with introducing the word "zombie" into contemporary culture with his 1929 bestselling book *The Magic Island* — was a he-man adventurer who travelled with the Bedouin.

He also hung out with various intellectuals and artists of the era, including Gertrude Stein, Man Ray and Aldous Huxley.

But the more Ollmann dug into the details of Seabrook's life, the more salacious the details got. He discovered an unrepentant alcoholic with an equally unrepentant and sadistic penchant for bondage.

Oh, and he once tried cannibalism.

"It's not the aberrations that interest me so much as it is his honesty in writing about them," says Ollmann, who is

from Hamilton, Ont. "In a very repressed time during the '30s and '40s, this guy's writing openly about bondage and cannibalism for major publishers and places like *Ladies Home Journal*. People hide their weirdness and he never did."

For five years, Ollmann read everything about and by Seabrook he could get his hands on, including his first book, *Adventures in Arabia*, about his time living in the Middle East, and *Asylum*, which chronicles Seabrook's voluntary stay in a mental hospital for alcoholism.

"He had this crazy fascinating life but no one knows about him," says Ollmann, who then spent another five years dedicated to researching the writer's life for his new graphic novel, *The Abominable Mr. Seabrook*.

While gathering background information, Ollmann travelled to the University of Oregon, which houses the archives of Seabrook's second wife, novelist Marjorie Worthington.

In her writings and letters, Ollmann discovered a harsher side of the man, which doesn't appear in his own books.

"He tells his stories very blithely, and puts it in these very humorous terms," Ollmann says.

"Her perspective is much

darker. I didn't want to portray him as all bad, but there is a lot of bad to be said. It is hard to live with a person who is an alcoholic. He never showed it but other people did, so it was only fair for me to show it, too."

One of the inadvertent effects of working on *The Abominable Mr. Seabrook* was that Ollmann himself quit drinking.

While labouring away in his home studio at night, Ollmann would keep a bottle of whisky or cognac on hand for sipping, and although he stopped mostly for health purposes and not directly because of Seabrook: "I was constantly writing and drawing him drinking. There are so many pictures of him drinking because it was so much part of his story," he says. "I got sick of drawing and showing someone ruining their life with booze."

Seabrook died in 1945 from taking an overdose of sleeping pills — by which point his work was basically forgotten.

Ollmann speculates that Seabrook's downfall was in part due to his alcoholism, but also because, later in life, he gave up his adventuring ways, settling down in the Hudson Valley to present teatime talks to social groups.

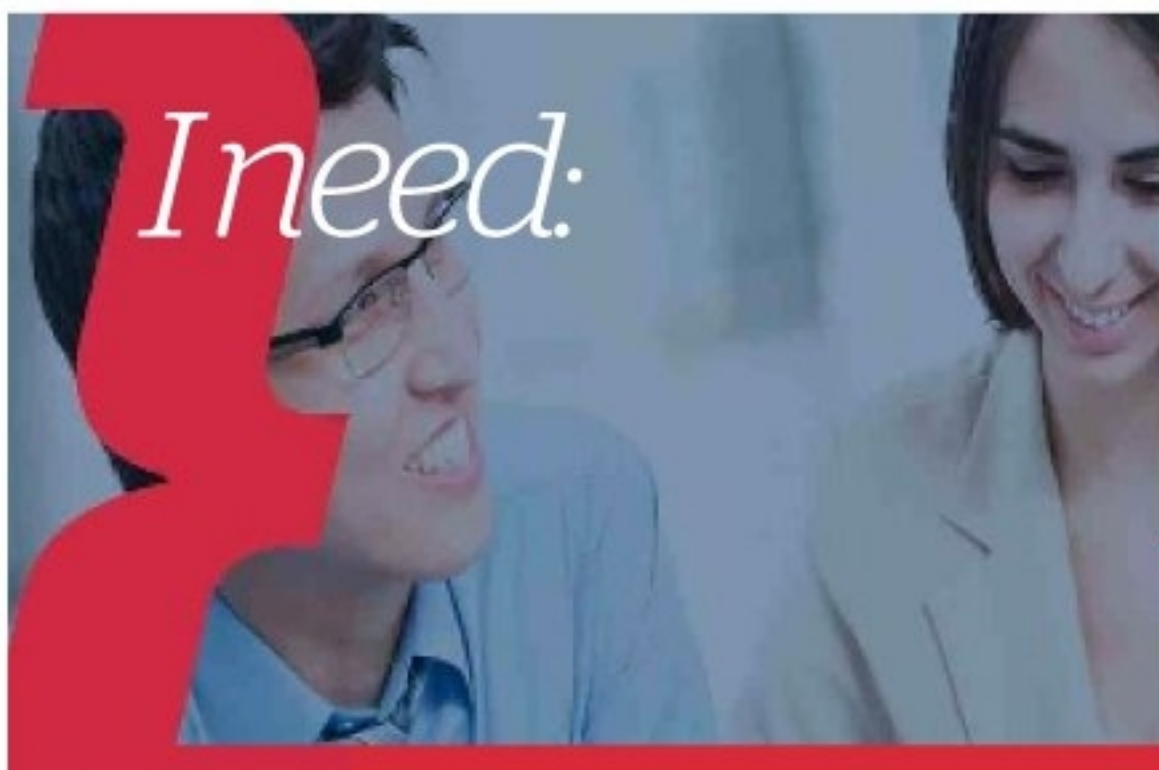
His is a cautionary tale indeed, but Ollmann — who recently illustrated the covers and wrote introductions

for reissues of Seabrook's *The Magic Island* and *Asylum* — really wants people to discover the man's writing.

"His first books are wonderful, adventure-travel books," Ollmann says. "He wrote about

trashy subjects but he wrote about them smarter than you would have expected."

Sue Carter is the editor at Quill & Quire magazine.



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There are a lot of people who go to Standing Rock and confuse it with Burning Man.
Buffy Sainte-Marie on modern social justice campaigns



Buffy Sainte-Marie will be the first indigenous woman to win the Allan Waters Humanitarian Award at the Junos in April. HANDOUT

Music's patron saint of activism

INTERVIEW

Why icon Buffy Sainte-Marie is still making a social impact

ACTIVISM!

Buffy Sainte-Marie has told the stories of outliers and underdogs throughout her career and organizers at the Juno Awards say it's time to recognize the singer's contributions to the community.

The four-time Juno winner and social activist will be this year's recipient of the Allan Waters Humanitarian Award, an honour reserved for Canadian musicians who've left a positive social impact. The Canadian Academy of Recording Arts and Sciences says Sainte-Marie "exemplifies the essence of humanitarianism" with her dedication to protecting indigenous communities.

She's also provoked conversation through songs like her 1964 anti-war peace anthem *Universal Soldier*. Sainte-Marie also founded the Nihewan Foundation for Native American Education in 1969, an initiative to improve awareness of the cultures.

"A long time ago I figured out I have enough money to probably have three meals a day for the rest of my life," Sainte-Marie says. "So I wanted to put my money to work early." Speaking from her Hawaiian home, Sainte-Marie talked about nonprofits and protest songs.

You've been a tireless voice

for causes throughout your career, but fewer people know about why you created the Nihewan education foundation. How did it happen?

Before I was ever a singer I was a teacher. I got my teaching degree (and) a degree in Oriental philosophy. Because I had a personal interest — and the advantage of a scholarship about indigenous issues — that probably had something to do with it. It has stayed with me always through my career, going in and out of the aboriginal community ... building a bridge between cultures.

You've been a voice for the indigenous community but it's never fully defined your career. Did you pursue a balance that also factors in your pop and folk influences?

I've had over 50 years of that kind of double perception, which is very nice for me. I think my real work has been in the realm of thought. I really feel as though ... I've changed the way some people think about war, alternative conflict resolution and indigenous issues. I did it early and I've done it consistently because I really do care.

With Donald Trump headed to the White House do you expect more protest songs to emerge from discontent gestating in some communities?

I wish. There were a lot of people in the Civil Rights movement who just showed up because it was the popular thing to do. It became "hip"

to seem like you were part of that. There are a lot of people, for instance, who go to Standing Rock and confuse it with Burning Man. My question to all the other great songwriters in the world is: Where are your protest songs? Now that Donald Trump is (elected) are you going to start writing them? I mean, where was your protest song last year? Some people are consistently aware of the world and trying to share their best contributions. Other people just show up when somebody's handing out free gifts at the party.

Are you writing any new material?

I'm working on an album that should be out sometime this year called *Medicine Songs*. (It's) grouping real positive songs like, *Carry it On*, *We Are Circling*, *Starwalker*, with my best-known protest songs about contemporary issues.

What inspires you to stay motivated to keep writing?

Kind of depends on where I am. When I'm in Hawaii it's just nature. I live with a lot of animals and plants and nature is "vitamin green" for me. I also have a double life. I'm home for two weeks, I'm on the road for two weeks. What motivates me are the same things that motivated me in the beginning. I respond to the world, I fall in love like everybody else. I see things that need change and I think the world is always ripening.

THE CANADIAN PRESS

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CONTRIBUTED

Project overview

Sitting at the intersection of the city's most exclusive shopping and some of its most loved natural areas, Oxbow is proving popular with buyers. Four units are left in Phase One, and Phase Two will roll out this spring.

Housing amenities

Shared amenities include a fitness centre, entertainment room with rooftop deck, coffee bar and treed courtyard. Individual suites feature open floor plans, nine- and ten-foot ceilings and oversized balconies.

Location and transit

Sterling Lyon Parkway and Kenaston Boulevard offer residents plenty of commuting options to all parts of the city. Three transit routes stop close by, and bike trails extend from Fort Whyte Alive to down-town.

In the neighbourhood

The development is right next door to the city's newest retail hub, with IKEA, Cabela's and Montana's already in place, and the Outlet Collection of Winnipeg and Hilton Garden Inn opening later this year. Assiniboine Park and Forest are within biking distance.

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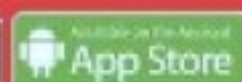
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A touch of pink

MAKEOVERS

Designer's kitchen reno shows off her colourful style

Vicky Sanderson
For Torstar News Service

Tiffany Pratt's small kitchen is pink, pretty and well-planned.

With her signature tangerine tresses, wildly sparkling fingernails and flowing dresses in riotous florals, the designer and stylist is clearly not afraid of colour.

So it's not a surprise that pink is a major element in the kitchen makeover she undertook in her 1920s-style home in Toronto. Interestingly

though, the pale, pretty shade she picked (Behr Marquee's Duchess Dawn) did not kick-start the design.

"It was the very last thing I chose," says Pratt. "What we were going to do with the walls was up for grabs right until the last moment."

The starting point for the reno, which was done in collaboration with Home Depot, began with considering how the space would be used, an especially important exercise in a small-footprint kitchen.

"Small kitchens need to function. So the dishwasher and the oven door have to be able to open without interfering with one another," explains Pratt, who suggests starting any kitchen design with a thorough walkthrough of the room with those details in mind.

"I am a touch, taste, feel type of designer. At the start of a project, I am in there pretending I am opening doors and seeing how it all works," she says.

Pratt's biggest complaints about her own kitchen (seven feet wide by 14 feet long) were a lack of storage and counter-top space. To carve out extra inches, she decreased the size of the sink and ran Shaker-style cabinets by Thomasville to the full height of the room.

To create a seamless look, she chose the marble-patterned Silestone (in Lusso) for both the countertop and backsplash.

Pratt settled on affordable all-white appliances by GE because the look is "very European, and I did not want a stainless-steel show."

Finishing touches included a brushed gold faucet and crystal door hardware, which add a modern twist on old favourites, and the unexpected placement of a large piece of artwork and a black table lamp on a countertop beside the stove.

Culling kitchen paraphernalia, says Pratt, was an essential part of the redo.



"I want my eyes to dance in three places in a room," says designer Tiffany Pratt, pointing to a "rock and roll floor," oversized artwork and a patterned Roman blind in her newly renovated kitchen. TARA MCMULLEN



I spend my days fixing other people's spaces. Doing my own kitchen had got pretty far down the list.

Tiffany Pratt, on her old kitchen

"I went through all the small things piece by piece and asked myself if I really need three colanders and 5,000 spatulas."

The finished space, says Pratt, is a true reflection of her brand, which she describes

as "high style on a budget."

"I think people can have beauty in their lives without having to pay too much, and I don't believe that the most expensive is always the best," she adds.

Her other design advice?

"Home decorating is not a race. Maybe you do the backsplash and then wait awhile for the next step. It should be a journey. It's less about trends than it is about following the things that make you happy and bring you joy."

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How to avoid shovelling snow all winter long

Love it or hate it, snow in Winnipeg is a heavy part of the winter experience.

It provides conversation fodder during waits in the grocery checkout line, arms us with some serious wilderness survival skills and lends us picturesque backdrops for quintessential Winnipeg winter activities, like skating the river trail.

But the Winnipeg snow also has a dark side. The dreaded post-snowstorm shovel puts a scowl on the faces of even the most enthusiastic of snow-lovers.

While it's a great way to get a workout, it's also sure to add an impromptu 15 to 30 minutes to your morning commute. Waking up to the task of shovelling out your driveway or digging out your car to get to work is no way to start a day.

Add in the walkways and front steps, and you may be ditching the warmth of your bed up to an hour early.

Until modern science develops a way to instantly brush off your car and snow from

all surfaces, there's only one way to avoid the hassle — let someone else handle it for you.

This winter, and all winters forthcoming, local home developer StreetSide Developments is here to help you avoid shovelling away your mornings. All StreetSide condos have included snow clearing and many of its developments feature heated, underground parking.

Imagine waking up to a blanket of new, fluffy snow, going about your morning at your usual pace, enjoying your coffee, stepping into a steamy shower. Then making your way down to your clean, dry vehicle, with clear terrain to get out onto the road.

Perks like this are the small things in life that just make your day better, and easier. If you're looking for a new home, a condo has the promise to improve your quality of life every winter.

Find heated, secure underground parking at StreetSide's Bridgwater Forest North Condos, The MIX Condos, Metro Condos and



CONTRIBUTED

The Charles Condos, and enjoy included snow clearing of walkways at all StreetSide condo projects.

At Bluestem Condos' townhomes, you can

even park in your own private garage, and enjoy snow clearing right up to your door.

Just imagine — this snow shovel could be your last!

THERE ARE MUCH BETTER WAYS TO ENJOY THE SNOW THAN SHOVELLING.

What's on your winter to-do list? Enjoy no-fuss living with included snow removal and heated, underground parking at select StreetSide condo projects throughout the city.

Embracing winter made easy.

FIND YOUR NEW HOME
AT STREETSIDE.CA

 **STREETSIDE**
DEVELOPMENTS
A QUALICO Company

New York Rangers forward Chris Kreider has been fined \$5,000 for ripping off Stars forward Cody Eakin's helmet and hitting him in the head with it

CFL

Bombers 'ecstatic' to re-sign Nichols

Matt Nichols will get a chance to continue what he started with the Winnipeg Blue Bombers.

The 29-year-old quarterback signed a three-year contract extension Wednesday with Winnipeg. Nichols was scheduled to become a free agent Feb. 14 but had no interest leaving the franchise he led to the CFL playoffs for the first time since 2011.

"There was never any thought in my mind to go anywhere else," Nichols told reporters. "We started some great things last year and my time here has been incredible."

Financial details weren't immediately available but Nichols will reportedly earn between \$400,000 and \$450,000 over the course of the deal.

"I think where we ended up was fair for both sides," Bombers GM Kyle Walters said.

It's been a busy off-season for Walters, who in December received a three-year extension from the Bombers. Walters resigned head coach Mike O'Shea in December and this week came to terms with receivers Darvin Adams, another pending free agent, and Kenny Stafford — a former Eskimo and Alouette.

But keeping Nichols in Winnipeg was a top priority.

"Obviously it was going to take some time on both sides,"

Walters said. "But we're ecstatic as an organization to get this finalized and continue building for 2017 and beyond."

Winnipeg acquired Nichols from Edmonton on Sept. 2, 2015, to back up incumbent Drew Willy. Nichols replaced Willy last July following the Bombers' 1-4 start and provided an immediate boost, leading the franchise to seven straight wins.

With Nichols under centre, Winnipeg posted an 11-7 record to finish third in the West Division. The former Eastern

Washington star was 10-3 as the Bombers' starter and recorded career highs in passing yards (3,666), TDs (18), attempts (471) and completions (327) with just nine interceptions.

When training camps open in June, Nichols will be a bona fide CFL starter for the first time since coming to Canada in October 2010 to join the Eskimos. Injuries limited Nichols to just 12 starts in 45 career games with Edmonton.

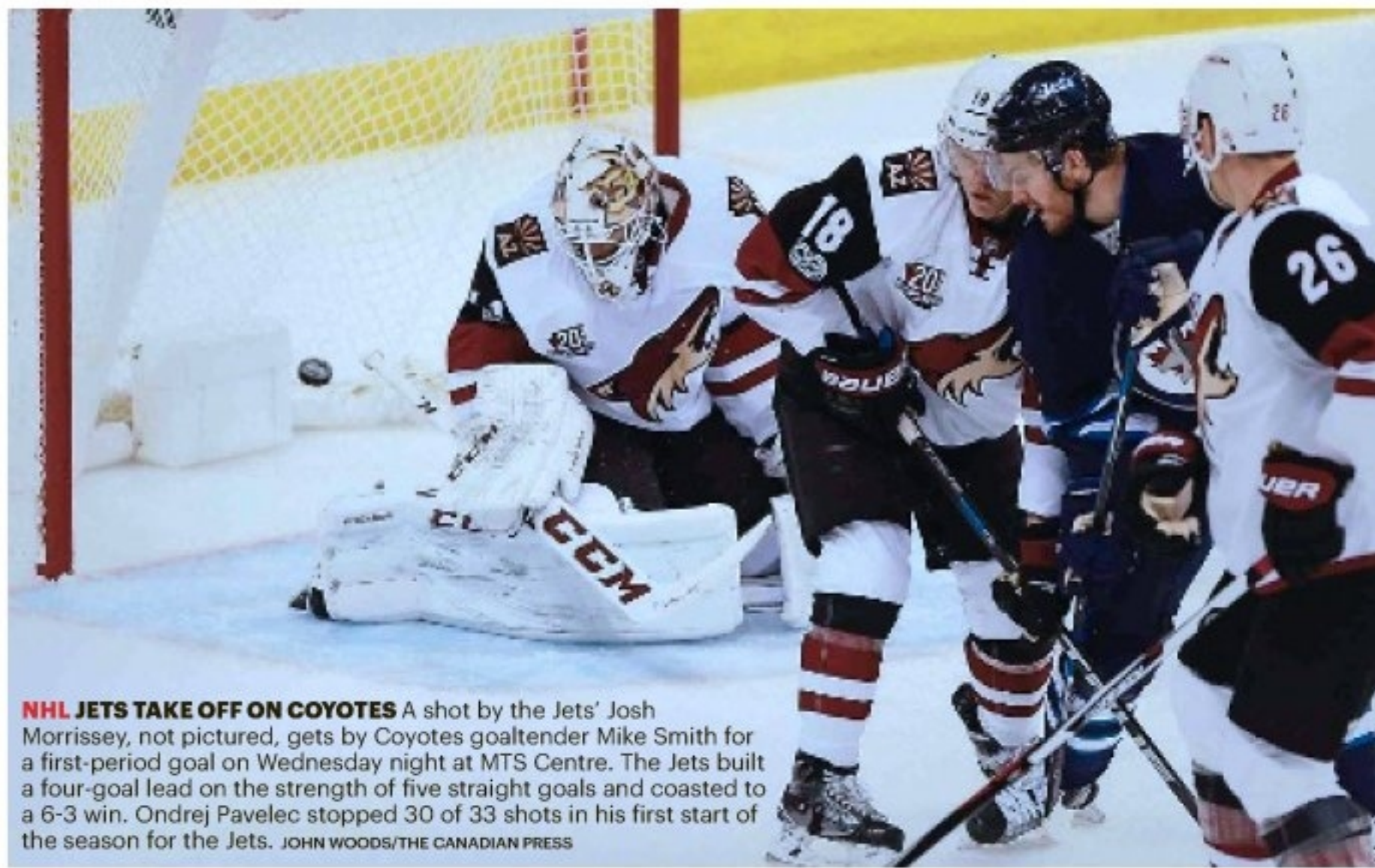
"It's been a long road," Nichols said.

"All I can say is it's been a lot of hard work and a lot of people believing in me. At 29, I feel like my career is just getting started and I look forward to many more years playing football in this city." THE CANADIAN PRESS



I feel more and more confident with every rep I get on that field.

Matt Nichols



NHL JETS TAKE OFF ON COYOTES A shot by the Jets' Josh Morrissey, not pictured, gets by Coyotes goaltender Mike Smith for a first-period goal on Wednesday night at MTS Centre. The Jets built a four-goal lead on the strength of five straight goals and coasted to a 6-3 win. Ondrej Pavelec stopped 30 of 33 shots in his first start of the season for the Jets. JOHN WOODS/THE CANADIAN PRESS

Hellebuyck still the focus amid the fray

VIEW FROM THE 300S

Andrew 'Hustler' Paterson



The Winnipeg Jets don't have much time left to salvage their season. After a very rough start to 2017 the team finds itself with a massive challenge to even have meaningful games down the stretch this year, never mind grabbing a playoff spot.

Much of the blame (although there is plenty to go around) has been piled on the shoulders of the Jets' two young goalies, Connor Hellebuyck and Michael Hutchinson. Hellebuyck, who has had the majority of the work this year, is coming off two rough starts, being pulled in the first period of both. Hutchinson, meanwhile, has struggled throughout the year and his days as an NHL goaltender may be numbered.

It got so bad this week as the team prepared for a four-

game homestand that Ondrej Pavelec, exiled to the Moose in the AHL at the beginning of the season in the final year of his contract, was recalled to the Jets to start against Arizona Wednesday at the MTS Centre.

The recall of Pavelec shows just how desperate the situation had become. With no future in the organization beyond this year, it was pretty clear the team had moved on from its former starter. To call him back now and throw him in right away is admission of just how badly things have fallen apart and shows how poorly the situation has been handled by Jets management from the start of the season.

What needs to be the focus of all of this is the develop-

ment of Hellebuyck. Now 60 games into his NHL career, he has been very good at times and has shown the ability to be a quality NHL goaltender. But not having the safety net of a legit veteran presence in net alongside him has essentially taken

away any competition for playing time in net and placed way too much pressure too soon on a very young goalie by NHL standards. It was sink or swim, and now, ironically,

It was sink or swim, and now, ironically, castoff Pavelec is back to be the Jets' life preserver for the time being.

ally, castoff Pavelec is back to be the Jets' life preserver for the time being.

The upcoming expansion draft certainly complicated things this year as the team needed to have a goalie to expose in the draft for the new Vegas team. The Jets resigned Hutchinson to be that

guy and kept him with the big club worried of a waiver claim. Unfortunately, he just hasn't been able to get the job done this year, even in a backup role.

Hellebuyck has a bright future and one can only hope the recent setbacks will not affect his confidence going forward. Maybe everyone is making too much of two bad starts as only a week ago he was coming off a shutout of Calgary and had a respectable .913 save percentage going into the Montreal game where he got the hook early.

The bottom line for the Jets and their fans is a bitter pill of another season going down the drain. And in a results-based business, this has increased the heat on Paul Maurice, who has many problems on his hands beyond just inconsistent goaltending.

Maybe Pavelec, in his final act with the Winnipeg Jets, can both resuscitate his NHL career, and help Maurice put out a few fires.

IN BRIEF

Bautista officially back with the Blue Jays

Toronto Blue Jays outfielder Jose Bautista decided to test the free agent market this off-season. A return to the city where he blossomed into one of the game's top sluggers turned out to be the best fit.

The Blue Jays confirmed Wednesday that Bautista has re-signed with the team, agreeing to a one-year deal with a guaranteed base salary of \$18 million US. The contract includes options that could see him stay in Toronto through 2019.

THE CANADIAN PRESS

Bouchard returns to third round of Australian Open

Canadian Eugenie Bouchard is back in the third round of the Australian Open for the first time in two years after defeating China's Peng Shuai 7-6 (5), 6-2 on Wednesday.

Bouchard, who reached the semifinals of the Australian Open in 2014, finally closed it out after Peng saved three match points on the Canadian's serve at 5-1 in the second set.

Her next opponent will be American Coco Vandeweghe.

THE CANADIAN PRESS

MAKE IT TONIGHT

Satisfying Egg Drop Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Hang up the phone! Forget bringing dinner in because this version of a traditional takeout soup has more heft thanks to the addition of asparagus. Plus it has cheese. Nothing trumps cheese.

Ready in 20 minutes

Prep time: 10 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 4 cups (950 ml) low sodium chicken broth
- 1/2 cup (120 ml) chopped asparagus
- 2 Tbsp (30 ml) unsalted butter
- 1/4 cup (60 ml) chopped onion
- 2 eggs, beaten
- 1/4 cup (60 ml) fresh

grated Parmesan cheese, extra for garnish
• sea salt and pepper to taste

Directions

1. In a large pot, place butter, asparagus and onion. Saute until vegetables are soft but crisp. Add broth and bring to a simmer, allow to simmer for 5 minutes.

2. Meanwhile, beat eggs and add Parmesan cheese. Then drizzle eggs into broth. Lightly stir until eggs are cooked. Lower heat and allow to cook another 5 minutes.

3. Ladle into bowls, sprinkle top with Parmesan and serve.

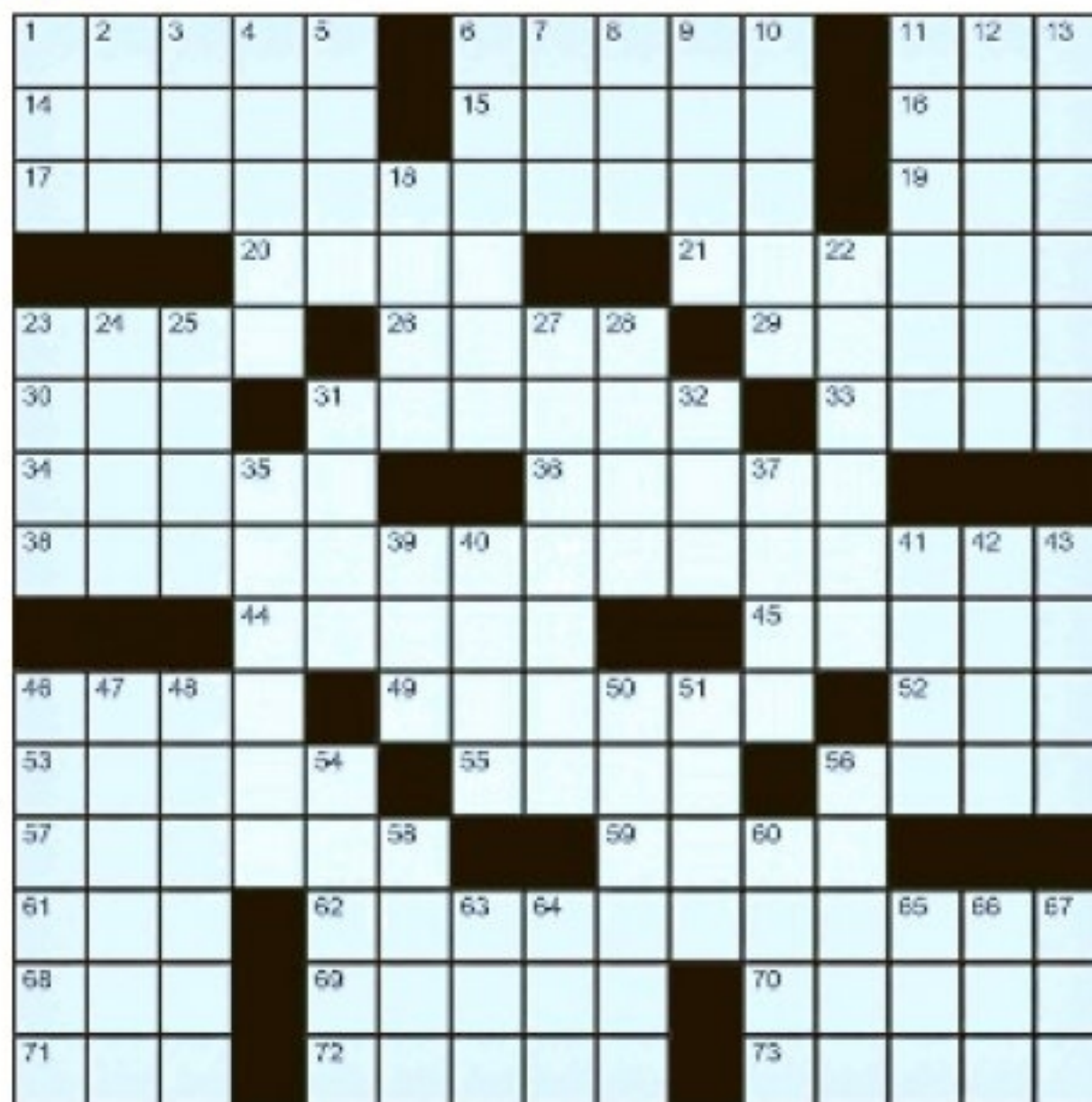
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Recording artist Nicki of "Super Bass"
- Cabbage Kids connector
- Mr. Waxman's
- Diner's initial request: 2 wds.
- Honda luxury car
- Cheers bartender
- Long ___ into Night (Eugene O'Neill play in which #62-Across starred in the 1996 filmed version)
- Fashion designer Anna
- Belonging to us
- Bon Jovi's "We ___ Born to Follow"
- Unlock
- Quick little times
- Trench
- Gun the engine
- Ranch enclosure
- Rather grey
- Fish-holding basket
- "The Little Mermaid" (1989) princess
- Shakespeare's jolly knight: 3 wds.
- White-plumed heron
- Gambling card game
- Country singer Mr. Church
- Fitting/suitable
- "Pepper" add-on (Deli item)
- Mr. Hall, Canadian game show host
- Squirrel's nest
- Coutler and Landers
- Martin of "12 Angry Men" (1957)
- Little bit of residue
- Singer's trophy



- [acronym]
62. Canadian stage actor (b.1920 - d.2007) who performed at Stratford in roles including #38-Across: 2 wds.
68. Pastureland
69. ___ record (Use the gramophone)
70. Ms. Van Doren

71. Cookies brand, ___ Fields
72. Canadian Art: The Group of ___
73. Skier's American destination

DOWN

1. "___ About You"
2. "___ little teapot..."

3. Napoleonic Wars marshal
4. "Happy Days" star Mr. Williams
5. Ms. Chang (ABC's "Nightline" co-anchor)
6. One using the TV clicker's temporary stoppage button

7. Horiz.
8. Large cask for wine
9. Movie's work force
10. Worked with bales on the farm, say
11. Holdings
12. "Failure to ___" (2006)
13. Anvil-user's

- workshop
18. About: 2 wds.
22. Commercial area of Venice
23. Tolkien creatures
24. Ms. Gilpin
25. "At all?"
27. Artisan
28. Cake make, ___ Lee
31. Drain problem
32. Comical Mr. Abner
35. What the pilot does before crashing
37. Behold
39. Minutes create them over time [abbr.]
40. Shortage
41. "Right Now (Na Na Na)" singer
42. "Twin Peaks" actress Sherilyn
43. Post-Thurs. days
46. Do mummy work
47. Wanderer
48. Mosaic components
50. Average
51. Vega constellation
54. Woof-woofs whiningly
56. Turkish honorifics
58. "8 ___" (2002) starring Eminem
60. Jane Austen novel
63. Washroom, for short
64. Alkali
65. Official at the diamond, commonly
66. Affiliation
67. Perfect rating

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next four weeks, you will be more popular. You might join a club, group or organization. Enjoy being friendly!

Taurus April 21 - May 21
People in authority will admire you during the next four weeks. Because of this, you have an advantage. Go after what you want!

Gemini May 22 - June 21
If you can travel in the next four weeks, do so. Do anything that will expand your horizons, because you want adventure and a chance to learn something new.

Cancer June 22 - July 23
During the next four weeks, your focus will be on shared property, shared responsibilities and issues related to inheritances, insurance matters, taxes and debt.

Leo July 24 - Aug. 23
Partnerships and close relationships will be a strong focus for you during the next four weeks. You will find that you can reflect upon your style of relating with others and learn something from it.

Virgo Aug. 24 - Sept. 23
You will be eager to be productive and effective in everything you do during the next four weeks. That's why you will want to do an excellent job!

Libra Sept. 24 - Oct. 23
Fun vacations are tops on your menu throughout the next four weeks. If you can't get away on a vacation, then enjoy the arts, social outings, parties, sports events and playful times with kids.

Scorpio Oct. 24 - Nov. 22
During the next four weeks, your focus will turn to home, family and domestic issues.

Sagittarius Nov. 23 - Dec. 21
The pace of your days will accelerate during the next four weeks, because you will be busy taking short trips, running errands, talking to people and reading, writing and studying more. Busy you!

Capricorn Dec. 22 - Jan. 20
Your mind will be on money, finances and cash flow more than usual during the next four weeks. Trust your moneymaking ideas!

Aquarius Jan. 21 - Feb. 19
Because the Sun in your sign for the next four weeks, you have a chance to replenish yourself for the coming year. It also will attract favourable situations and important people to you.

Pisces Feb. 20 - March 20
Work alone or behind the scenes throughout the next four weeks, because this will serve your best interests. It's a good time to make goals for the year ahead.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Your daily crossword and Sudoku answers from the play page.

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Open House

Tuesday, February 21, 2017

11am - 2pm and 5pm - 8pm

Wednesday, February 22, 2017

9am - 2pm

At Red River College's Open House, students can:

- Learn about RRC programs and campus life
- Explore residence
- Meet with Instructors and Academic Advisors
- Visit our Student Services Showcase

Notre Dame Campus | Exchange District Campus | Stevenson Campus

Enter to win one of two **\$2,500** bursaries, proudly sponsored by Metro News.

rrc.ca/openhouse